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ABSTRACT

This document notes that, as health care costs continue to rise, the elderly are monitoring themselves as a means of cost containment, and as a way of enhancing their sense of well-being and their ability to lead active lives. It points out that more and more organizations are sponsoring health programs that promote the concept of self-care and self-help practices, and that many of these programs have been tailored to the special needs of the elderly. The document provides a directory of information about a broad variety of national organizations that deal specifically with the elderly, or that have programs relevant to older people, their families, and health professionals who work with them. The organization name, address, telephone number, membership information, and a general and health-related description are given for each of the directory's 90 entries. Information on the organizations' periodicals, publications, and other media is given for organizations involved in these activities. Listings include organizations concerned with specific health problems such as Alzheimer's Disease, cancer, diabetes, or heart disease; religious organizations; and organizations concerned with various aspects of aging. (NB)

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Introduction

In many ways self-care and self-help have become a routine part of life for all of us, particularly the elderly. As health care costs continue to rise, the elderly are monitoring themselves as a means of cost containment, and as a way of enhancing their sense of well-being and their ability to lead active lives.

Most of us perform some self-care practices regularly without realizing it. We read newspaper and magazine articles offering health-related subjects, pick up literature from consumer information racks in supermarkets and shopping centers, watch television shows dealing with health, and ask our doctors where to get additional information on specific health problems.

Although self-help groups are often begun by patients themselves or their families, more and more organizations are sponsoring health programs that promote the concept of self-care and self-help practices. Many of these programs have been tailored to the special needs of the elderly.

This Directory provides information about a broad variety of national organizations that deal specifically with the elderly, or that have programs relevant to older people, their families, and health professionals who work with them.

Alzheimer's Disease and Related Disorders Association, Inc. (ADRDA)

360 North Michigan Avenue
Suite 1102
Chicago, Illinois 60601
(312) 853-3060

Membership

More than 200,000 caregivers, family members, and victims of Alzheimer's disease; health care professionals; and scientists

Subgroups—Over 100 local chapters and affiliates

Description

General—ADRDA's mission is to find a cure for or a means of preventing Alzheimer's disease, while at the same time providing support and assistance to afflicted families. It seeks to fulfill its mission through four programs: family support, research, education, and advocacy.

The group provides in-service training in hospitals and nursing homes and takes part in workshops and seminars at meetings and conferences.

Health-Related—ADRDA assists individuals who are coping with Alzheimer's disease, by providing supportive services and practical suggestions for daily living. The group's toll-free numbers allow individuals to utilize their information and referral service. Call (800) 621-0379; in Illinois call (800) 572-6037. Local chapters and their affiliated family support groups offer personalized assistance and encouragement, as well as information about local resources.

Periodicals

Title: *Quarterly Newsletter*
Frequency: Four times a year
Circulation: More than 200,000 copies to members, health care professionals, the media, and other interested individuals

Other Publications

Individual chapters publish monthly newsletters for distribution to their members.

Other Media
ADRDA works with print and broadcast media to communicate up-to-date information to the general public.

American Academy of Ophthalmology

1833 Fillmore Street
San Francisco, California
94120
(415) 921-4700

Membership
More than 13,000 ophthalmologists

Description
General—The Academy's purposes are to promote and advance the science and art of medicine related to the eye; support and enhance education in ophthalmology and related fields; facilitate and improve the prevention, diagnosis, and treatment of disorders affecting the eye and related structures; and engage in other relevant activities.

Health-Related—The Academy strives to increase the public's awareness about the prevention, care, and treatment of eye problems and the roles of ophthalmologists in providing care.

Periodicals
Title: *American Journal of Ophthalmology*
Frequency: Monthly
Circulation: 14,000 copies to ophthalmologists and other medical professionals

Title: *Argus Newspaper*
Frequency: Monthly
Circulation: 14,000 copies to ophthalmologists and other medical professionals

Other Publications
The Academy also publishes various brochures and fact sheets as new topics are developed.

American Academy of Otolaryngology—Head and Neck Surgery, Inc.
1101 Vermont Avenue, N.W.
Suite 302
Washington, D.C. 20005
(202) 289-4607

Membership
7,000 otolaryngologists, other M.D.'s, health professionals, and the lay public

Description
General—The purpose of the American Academy of Otolaryngology is to advance the art of medicine related to disorders of the head and neck (especially the ear, nose, and throat) and to provide educational services for the specialty. It also serves as the governmental and socioeconomic support base for otolaryngologists in the U.S.

Publications
The Academy has numerous brochures and fact sheets including *Nosebleeds—Care and Prevention; Earwax, NOISE, Ears and Hearing;* and *Ears, Altitude and Airplane Travel.*

American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD)

1900 Association Drive
Reston, Virginia 22091
(703) 476-3400

Membership

42,000 teachers, administrators, researchers, coaches, and students in physical education, sports and athletics, health and safety education, recreation, and leisure dance. The Alliance is comprised of seven national associations: National Association for Sport and Physical Education (NASPE); National Association for Girls and Women in Sports (NAGWS); American Association for Leisure and Recreation (AALR); Association for Research, Administration and Professional Councils and Societies (ARAPCS); Association for the Advancement of Health Education (AAHE); National Dance Association (NDA); and American School and Community Safety Association (ASCSA)

Subgroups—54 state chapters in six districts

Description

General—AAHPERD's purposes are to provide members with opportunities and materials for professional growth and to keep them up-to-date on the latest issues, trends, technologies, and legislative developments; to improve professional standards and performance; to support and disseminate outstanding research; to speak out on common issues; and to increase public understanding of the contributions member professions are making to American life. AAHPERD also offers group insurance plans, a job placement service, consultant services, and leadership opportunities.

Health—The overall objective of the Alliance is to promote health and wellness. An Aging Committee focuses on member professionals who work with the elderly, educators who train students to work with the elderly, and approximately 1,400 members who provide services to the elderly on a voluntary basis. The committee works to develop materials and publications to assist members in their professional or voluntary pursuits, and ensures that a focus on the aged and aging is incorporated into existing educational

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programs. Standards are currently being developed for professionals in the member organizations working with the elderly. AAHPERD also works with various coalitions, groups, and associations involved in health education and services for the aged.

Periodicals

Title: *Journal of Physical Education, Recreation and Dance*
Frequency: Nine times a year
Circulation: 30,000 to 35,000 copies to members and subscribing libraries

Title: *Health Education*
Frequency: Six times a year
Circulation: 10,000 copies to members and subscribing libraries

Title: *Update*
Frequency: Eight times a year
Circulation: 50,000 copies to members and others interested in health, physical education, recreation, and dance

Other Publications

Fifty Positive Vigor Exercises for the Aging; Health, Physical Education, Recreation and Dance for the Older Adult: A Modular Approach; and Service-Learning: Programs for the Aging. Other related publications and audiovisual materials are available.

American Association of Homes for the Aging (AAHA)

1050 17th Street, N.W.
Suite 770
Washington, D.C. 20036
(202) 296-5960

Membership

2,200 community-based, nonprofit nursing homes, independent housing facilities, continuing care communities, and homes for the aging

Subgroups—800 associate members and 35 affiliated state associations

Description

General—AAHA's mission is twofold: to provide leadership in representing and promoting the interests of its constituents through advocacy, education, professional development, research, and services; and to enhance members' ability to meet the social, health, environmental, and quality of living needs of individuals and communities they serve.

AAHA is committed to serving America's older population of all income levels, creeds, races, and ethnic origins. Through direct delivery of services in their facilities, members care for 500,000 senior adults each year, while striving to meet the needs of at least one million older people annually through their outreach programs.

Religious organizations sponsor 75 percent of the facilities; private foundations, fraternal organizations, government agencies, unions, and community groups support the remaining 25 percent.

Periodicals

Title: *Nonprofit Provider News*
Frequency: Biweekly
Circulation: 3,000 copies to membership plus 400 others, including regulatory agencies and other aging organizations

Other Publications

AAHA also publishes reference materials and books written by experts familiar with current developments in aging, long-term care, and housing. A publications catalog is available free from AAHA.

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American Association of Retired Persons (AARP)

1909 K Street, N.W.
Washington, D.C. 20049
(202) 872-4700

Membership

More than 15 million persons age 50 or older (whether or not retired)

Subgroups—4,000 local chapters

Description

General—AARP's purpose is to improve all aspects of living for older people. It provides a group health insurance program, wellness programs, discounts on auto rentals and hotel rates, and a specially designed and priced motoring plan. AARP also sponsors community service programs such as crime prevention, defensive driving, tax aid, and the AARP Andrus Foundation; provides a preretirement planning program through Action for Independent Maturity (AIM); and provides special services to retired teachers through the National Retired Teachers Association (NRTA) Division. It also sponsors mail order pharmacy services with regional offices located in California, Missouri, Oregon, Indiana, Connecticut, Florida, Pennsylvania, Nevada, and Washington, D.C.

Health—A health program office produces educational packages for chapters and members in conjunction with other organizations (e.g., National Cancer Institute, National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases). It also develops health-oriented public service announcements.

Periodicals

Title: *News Bulletin*
Frequency: Monthly
Circulation: 9.5 million copies to member households (over 15 million individuals); 15,000 copies to members of Congress, area agencies on aging, and other gerontological groups

Title: *Modern Maturity*
Frequency: Bimonthly
Circulation: 9.5 million copies to member households (over 15 million individuals)

Title: *Dynamic Years*
Frequency: Bimonthly
Circulation: 200,000 copies to member households (400,000 individuals)

Other Media
Title: *Prime Time* (radio program)
Frequency: Weekly
Circulation: 490 stations around the country

Title: *Prime Time* (syndicated column)
Frequency: Weekly
Circulation: 1,200 copies to newspapers around the country

American Cancer Society, Inc.

National Headquarters
4 West 35th Street
New York, New York 10001
(212) 736-3030

Membership

2.5 million volunteers of all ages and backgrounds

Subgroups—58 divisions and 3,128 units in the U.S. and Puerto Rico

Description

General—The American Cancer Society is a national voluntary health organization of 2.5 million Americans united to conquer cancer. The Society's long-range objective is to eliminate cancer entirely. The immediate goal is to control cancer through research and to save more lives and diminish suffering from cancer to the fullest extent possible. Goals are accomplished through activities developed by departments of research, professional education, public education, public information, epidemiology and statistics, service and rehabilitation, and crusade.

Health—The American Cancer Society develops public education programs designed to inform people about cancer, explain what they can do to protect themselves, and demonstrate related health practices.

Periodicals

Title: *Ca-A Cancer Journal for Clinicians*
Frequency: Six volumes a year
Circulation: More than 470,000 copies to doctors and other medical professionals

Title: *Cancer News*
Frequency: Quarterly
Circulation: 175,000 copies to health professionals and other interested persons

Title: *World Smoking and Health*
Frequency: Three times a year
Circulation: 15,000 copies distributed in the U.S. and abroad

Other Publications
More than 60 million educational leaflets are distributed each year.

Other Media
Films, videotapes, slide sets, audiotapes, publications, and exhibits are available for professional education.

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American Council of the Blind

1211 Connecticut Avenue, N.W.
Suite 506
Washington, D.C. 20036
(202) 833-1251
or toll-free (800) 424-8666

Membership

Over 16,000 blind, visually impaired, and sighted persons

Subgroups— 16 special interest groups and 51 state affiliates

Description

General—The Council strives to improve the living conditions of blind and visually impaired persons by promoting their independent and active participation in all aspects of society. The Council also provides interaction opportunities for persons with similar eye disease and disorders.

Periodicals

Title: *Braille Forum*
Frequency: Monthly
Circulation: 27,000 copies to blind, visually impaired, and interested sighted persons (available in large print, Braille, disc, and cassette)

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American Dental Hygienists' Association (ADHA)

444 North Michigan Avenue
Suite 3400
Chicago, Illinois 60611
(312) 440-8900

Membership

36,000 (26,000 certified dental hygienists and 10,000 students in dental hygiene)

Subgroups—54 state constituent associations and 350 local components

Description

General—ADHA's purpose is to increase the awareness of and access to quality oral health as a means of improving the public's overall health. It also strives for recognition of the dental hygienist as a preventive oral health professional.

Aging and Health—As a member of the National Council on the Aging's National Voluntary Organizations for Independent Living for the Aging (NVOILA), ADHA initiated a nationwide project called "A Beautiful Smile is Ageless" to stimulate concern among its members about geriatric dentistry, assist hygienists in reaching the geriatric patient, and promote and provide dental health care to the elderly at the local level. As a result of this project an education kit was developed.

Periodicals

Title: *Dental Hygiene*
Frequency: Monthly
Circulation: 30,000 copies to members and other subscribers

Title: *Horizons*
Frequency: Bimonthly
Circulation: 30,000 copies to members and other subscribers

Other Publications

Educational Directions for Dental Auxiliaries, a quarterly research publication

American Diabetes Association (ADA)

Two Park Avenue
New York, New York 10016
(212) 683-7444

Membership

3,500 physicians, research scientists, nurses, dietitians, and educators interested in diabetes mellitus and 150,000 diabetics and their families

Subgroups—50 state affiliates and 700 local affiliates and chapters

Description

General—ADA's mission is to promote the search for a means to prevent or cure diabetes and to improve the well-being of diabetics. It strives to educate the public to recognize early signs of the disease and the importance of medical supervision in its treatment. It also develops methods to help diabetics have a better understanding of the disorder. Affiliates conduct patient education programs, seminars, scientific meetings, and postgraduate courses for physicians and other health professionals.

Aging and Health—One of ADA's major emphases is on Type II diabetes, which generally afflicts individuals over the age of 40. State and local chapters offer screening sessions for diabetes; present educational films, slide presentations, and lectures; hold discussion groups; work with senior centers; and make referrals to appropriate agencies and other services.

Periodicals

Title: *Diabetes Journal*
Frequency: Monthly
Circulation: 7,700 copies to members and other interested individuals

Title: *Diabetes Care*
Frequency: Bimonthly
Circulation: 8,800 copies to members

Title: *Diabetes Forecast*
Frequency: Bimonthly
Circulation: 170,000 copies to subscribing diabetics and their families

Title: *Clinical Diabetes*
Frequency: Bimonthly
Circulation: 64,000 copies to primary care physicians who may not have specialized training in diabetes and to professional members

Other Publications
ADA offers a variety of publications including *Learning to Live with Type II Diabetes, Guide to Good Living,* and *The Family Cookbook* (Volume I and II). A publications list is available upon request.

American Dietetic Association (ADA)

430 North Michigan Avenue
Chicago, Illinois 60611
(312) 280-5000

Membership

49,000 dietitians working in hospitals, colleges, universities, school food services, day care centers, research, business, and industry who have completed approved dietetic programs and meet ADA requirements

Description

General—ADA's purposes are to improve the nutrition of all people, advance the science of dietetics and nutrition, and promote education in these and allied areas. It sets and approves standards of education and experience through dietetic internships and undergraduate, masters, and doctoral degree programs. Career guidance and scholarships are available through the American Dietetic Association Foundation. ADA is organized into five divisions (clinical management, consultation, private practice, community dietetics, and education) and 23 professional practice groups.

Aging and Health—One of ADA's professional practice groups focuses on gerontology. It is comprised of 877 members who are employed in programs serving the aged such as area agencies on aging, nutrition sites, meals-on-wheels, home health agencies, and other health care facilities, as well as those working directly with the elderly. These members provide either direct nutrition counseling to older persons or indirect assistance through state and local programs. They encourage good nutritional habits to promote wellness and good health. The group also keeps members up to date on current research and developments and works to promote legislation related to the nutritional and health status of the elderly.

Periodicals
Title: *Journal of ADA*
Frequency: Monthly
Circulation: 50,000 copies to members and other interested individuals

Title: *Currier*
Frequency: Bimonthly
Circulation: 50,000 copies to members and other interested individuals

Title: *Newsletter*
Frequency: Quarterly
Circulation: 877 copies to members

Other Publications
ADA also publishes books, technical papers, and monographs.

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American Geriatrics Society (AGS)

10 Columbus Circle
Room 1470
New York, New York 10019
(212) 582-1333

Membership

4,550 physicians, medical students, and nursing home personnel interested in problems of the aged

Subgroups—Western Division (including California, Arizona, New Mexico, Colorado, Idaho, Wyoming, Montana, Oregon, Washington, Nevada, Hawaii, Alaska, Utah, Guam, British Columbia, Alberta, and Saskatchewan)

Description

General—The purpose of AGS is to encourage and promote the study of geriatrics and to stress the importance of medical research in the field of aging. AGS is a nonprofit medical society made up of thousands of physicians and other health professionals from all parts of the world who are devoted to the clinical care of the elderly.

Periodicals

Title: *Journal of the American Geriatrics Society*
Frequency: Monthly
Circulation: Approximately 6,800 copies to members and other subscribers, mostly libraries

Title: *Newsletter*
Frequency: Monthly
Circulation: Approximately 10,000 copies to current and former members

American Health Care Association (AHCA)

1200 15th Street, N.W.
Washington, D.C. 20005
(202) 833-2050

Membership
A federation of state associations representing 8,000 licensed nursing homes and allied long-term care facilities

Subgroups—48 state groups

Description
AHCA maintains liaison with government agencies, Congress, and professional associations. It conducts seminars and conferences, providing continuing education for nursing home professionals, and operates a consumer information program that distributes consumer guidance and public education materials.

Periodicals
Title: *AHCA Notes*
Frequency: Biweekly
Circulation: 9,000 copies to members and other subscribers, organizations, members of Congress, and health reporters

Title: *Journal of the American Health Care Association*
Frequency: Bimonthly
Circulation: 9,000 copies to members and other subscribers, organizations, members of Congress, and health reporters

Other Publications
Consumer guides are available upon request, as well as a series of pamphlets on a variety of topics related to aging (e.g., choosing a nursing home, nursing home life, patients' rights, diets for the elderly, health tips).

American Heart Association

National Center
7320 Greenville Avenue
Dallas, Texas 75231
(214) 750-5397

Membership

125,000 research scientists, physicians, nurses, other health care professionals, lawyers, accountants, educators, business people, and others from all walks of life

Subgroups—50 state affiliates, as well as local chapters

Description

General—The American Heart Association strives to reduce premature death and disability from heart attack, stroke, and other heart and blood vessel diseases, through planned programs of research support, professional and public education, and community service projects.

Publications

The American Heart Association publishes numerous brochures including *An Older Person's Guide to Cardiovascular Health*, available from most local chapters.

American Hospital Association (AHA)

840 North Lake Shore Drive
Chicago, Illinois 60611
(312) 280-6000

Membership

43,586 members (37,441 individuals and 6,145 health care institutions such as hospitals, other inpatient care facilities, outpatient centers, Blue Cross plans, areawide planning agencies, and hospital schools of nursing)

Description

General— AHA is dedicated to promoting the welfare of the public through leadership and assistance to members. It conducts research and education in health care administration, hospital economics, hospital facilities and design, and community relations. It represents hospitals on national legislation; offers programs for institutional effectiveness review, technology assessment, and administrative services to hospitals; and conducts a national program of institutes furthering inservice education of hospital personnel. It also publishes an annual survey of hospitals, collects and analyzes data, furnishes multimedia educational materials, and maintains a comprehensive health care administration library.

Health—The Office on Aging and Long-Term Care aids hospitals in planning for the needs of a changing population by supporting and assisting with the development of more efficient and effective systems of comprehensive care and services for older and chronic patients. This office conducts research demonstration projects in aging (primarily survey and descriptive research), provides education and information dissemination, develops policy papers on hospital issues affecting the aged (e.g., prolongation of life), and provides technical assistance to hospitals in establishing linkages with other elements of the aging network.

Periodicals
Title: *AHA Guide to the Health Care Field*
Frequency: Annually
Circulation: 22,600 copies

Title: *Hospital Statistics*
Frequency: Annually
Circulation: 8,600 copies to subscribers

Title: *Hospital Week*
Frequency: Weekly
Circulation: 60,000 copies to subscribers

Title: *Hospitals*
Frequency: Twice a month
Circulation: 18,000 copies to subscribers

Title: *Promoting Health*
Frequency: Bimonthly
Circulation: 2,500 copies to subscribers

Other Media
The Office on Aging has collaborated with AHA's Center for Health Promotion to produce a guide for hospitals on developing geriatric programs entitled "Hospital Sponsored Health and Wellness for Older Persons."

American Lung Association

1740 Broadway
New York, New York 10019
(212) 245-8000

Membership

7,500 physicians, nurses, and laymen interested in the prevention and control of lung disease

Subgroups—60 state groups and 94 local groups

Description

General—The American Lung Association is primarily an educational organization that works with other organizations in planning and conducting community service programs; public, professional, and patient education; and research. The Association maintains the American Thoracic Society as its medical section, which includes nearly 8,000 physician members; and the National Air Conservation Commission, a committee which organizes and guides programs to prevent air pollution and other environmental hazards affecting lung disease.

Periodicals

Title: *American Review of Respiratory Diseases*
Frequency: Monthly
Circulation: 14,500 copies

Other Publications

The Association also publishes a bulletin 11 times a year and maintains a library of 3,000 journals and books on lung disease and its causes.

American Medical Association (AMA)

535 North Dearborn Street
Chicago, Illinois 60610
(312) 645-5000

Membership
250,000 physicians

Subgroups—56 state and territorial groups and 1,950 county medical societies

Description
General—The AMA disseminates scientific information to members and the public. It informs members of significant medical and health legislation on the state and national levels and represents the profession before Congress and governmental agencies. The Association cooperates in setting standards for medical schools, hospitals, residency programs, and continuing medical education courses; offers a physician placement service and counseling on practice management problems; operates a library which lends materials and provides specific medical information to physicians; and maintains councils that conduct policy studies and offer recommendations on all levels of medical education, scientific affairs, medical practice, legislation, by-laws, and long-range planning. Ad-hoc committees are formed for such topics as health care planning, principles of medical ethics, and others.

Aging and Health—The Board of Trustees and the AMA Councils on Legislation and Medical Service develop Association policy on socioeconomic issues related to the care of the aging population, develop publications on aging, and participate in White House Conferences on Aging.

Periodicals
Title: *American Medical News*
Frequency: Weekly
Circulation: Over 300,000 copies to members and other physicians

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Title: *The Journal of the American Medical Association* (JAMA)
Frequency: Weekly
Circulation: Over 300,000 copies to members and other subscribers

Other Publications

AMA puts out a variety of publications, including *Educating Children for the New Era of Aging, How the Older Person Can Get the Most Out of Living, What to Look for in a Nursing Home, The Medical Director in the Long-Term Care Facility,* and *AMA Straight-Talk No-Nonsense Guide to Health and Well-Being After Fifty.*

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American Medical Association Auxiliary, Inc. (AMAA)

535 North Dearborn Street
Chicago, Illinois 60610
(312) 645-4470

Membership
80,000 physicians' spouses

Subgroups—46 state auxiliaries and 900 county auxiliaries

Description
General—AMAA assists in programs of the American Medical Association (AMA) that improve the health and quality of life for all; promotes health education; encourages participation of volunteers in activities that meet health needs; and supports health-related, charitable endeavors. AMAA maintains Project Bank, a national clearinghouse of community projects initiated by local auxiliaries; supports programs on child abuse, drunk driving, prenatal and postnatal care, services to the aging, substance abuse, and other health-related issues; sponsors the "Shape Up For Life" campaign, which emphasizes good health habits, stress management, nutrition, and exercise to achieve and maintain good health and fitness; and contributes to the AMA Education and Research Foundation.

Aging and Health—Specific activities on aging are determined at the local level. Examples of auxiliary involvement include: mobile meals, nutrition seminars, and cooking classes for the elderly; nursing and convalescent home programs; educational and social programs for the elderly; day care centers; home and transportation services; and equipment loans.

Periodicals
Title: *Direct Line*
Frequency: Bimonthly
Circulation: 10,500 copies to state and county leaders

Title: *FACETS*
Frequency: Five times a year
Circulation: 80,000 copies to all AMAA members

Title: *FACETS Newsletter*
Frequency: Three times a year
Circulation: 80,000 copies to all AMAA members

American Nurses' Association, Inc.
2420 Pershing Road
Kansas City, Missouri 64108
(816) 474-5720

Membership
53 constituent state nurses' associations representing 163,000 nurses

Description
General—The American Nurses' Association gives priority to promoting and protecting the economic worth, education, and practice of nurses. The goals of the Association include improving the quality of care provided to the public, enlarging the influence of the nursing profession in the determination and execution of health policy, and advancing the profession of nursing to meet the health care needs of the public.

Aging and Health—Two national organizational units, as well as numerous organizational units at the state level, are directly concerned with nursing the older adult. The units at the national level are the Division on Gerontological Nursing Practice and the Council of Nursing Home Nurses. The division's goals include providing gerontological nursing input in policymaking and health planning levels to influence Federal legislation and the formation of rules and regulations which support the implementation of standards of practice in gerontological nursing. The goals of the council include promoting nurses' control of nursing practice in the nursing home setting, expanding professional support to nursing home nurses, and providing educational materials.

Periodicals
Title: *The American Nurse*
Frequency: Monthly
Circulation: 165,000 copies to members of constituent state nurses' associations, subscribers, related organizations, members of Congress, and Federal agencies

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Other Publications

Publications for sale by the ANA include *Standards of Gerontological Nursing Practice; A Challenge for Change: The Role of Gerontological Nursing; A Statement on the Scope of Gerontological Nursing Practice; The Registered Nurse Consultant to the Intermediate Care Facility; Long-Term Care in Perspective: Past, Present, and Future Directions for Nursing;* and *Nursing and Long-Term Care: Toward Quality Care for the Aging.*

American Occupational Therapy Association, Inc. (AOTA)

1383 Piccard Drive
Rockville, Maryland 20850
(301) 948-9626

Membership

37,000 occupational therapists, certified occupational therapist assistants, and students

Subgroups—52 affiliated state associations including the District of Columbia and Puerto Rico

Description

General—The purposes of AOTA are to advance the therapeutic value of occupation, to research the effects of occupational therapy upon human beings, to promote the use of occupational therapy, to advance the standards of education and training in this field, and to educate consumers about the effect of occupational therapy upon their well-being.

Health—AOTA strives to enhance the health of the public in its medical, community, and educational environments through research, education, action, service, and establishment and enforcement of standards.

Periodicals

Title: *Occupational Therapy Newspaper*
Frequency: Monthly
Circulation: 29,500 copies

Title: *American Journal of Occupational Therapy*
Frequency: Monthly
Circulation: 40,000 copies

American Optometric Association (AOA)

243 North Lindbergh Boulevard
St. Louis, Missouri 63141
(314) 991-4100

Membership
24,200 optometrists, optometric students, and paraoptometric personnel

Description
General—AOA's goal is to improve eye and vision care of people of all ages.

Aging and Health—AOA initiated the Older Adult Screening Program. This ongoing project provides free vision screening through senior centers and various organizations. Since March 1983 over 60,000 older Americans in 42 states have taken part in the program.

Periodicals
Title: *Journal of the American Optometric Association*
Frequency: Monthly
Circulation: 25,000 copies to members

Title: *American Optometric Association NEWS*
Frequency: Twice a month
Circulation: 25,000 copies to members

Other Publications
The Association distributes numerous pamphlets and brochures including *Driving Tips for Older Adults* and *Your Vision: The Second 50 Years*.

American Pharmaceutical Association (APhA)

2215 Constitution Avenue, N.W.
Washington, D.C. 20037
(202) 628-4410

Membership

50,000 members including pharmacists engaged in community practice; wholesaling and pharmaceutical manufacturing firms; drug importers; teachers; researchers; editors and publishers of pharmaceutical literature; pharmaceutical chemists; food and drug officials; hospital pharmacists; pharmacists in government service; and students

Description

General— APhA's purposes are to improve and promote public health by aiding in the establishment of satisfactory standards for drugs and to aid in the detection and prevention of adulteration and misbranding of drugs and medicines. The Association fosters professional education and training of pharmacists, and supports the Academy of Pharmaceutical Sciences, the Academy of Pharmacy Practice, and the Student American Pharmaceutical Association. APhA maintains headquarters in Washington, D.C., called the American Institute of Pharmacy, which houses a library, staff offices, and the APhA Foundation, which disseminates public health information and cooperates with government agencies, public and private foundations, and educational institutions.

Aging and Health—The Long-Term Care Section focuses on pharmacy services to long-term care facilities, home care agencies, and hospices.

Periodicals

Title: *APhA Pharmacy Weekly*
Frequency: Weekly
Circulation: 50,000 copies to members and subscribers

Title: *American Pharmacy*
Frequency: Monthly
Circulation: 50,000 copies to members and subscribers

Title: *Journal of Pharmaceutical Sciences*
Frequency: Monthly
Circulation: 12,000 copies to subscribers

Other Publications
APhA publishes brochures on a National Medical Awareness Test, a Health Check Test, and a Self-Medication Awareness Test.

Other Media
APhA has audiovisual programs for pharmacists to use with community groups.

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American Psychiatric Association (APA)

1400 K Street, N.W.
Washington, D.C. 20005
(202) 682-6000

Membership

28,000 psychiatrists

Subgroups—75 district branches in seven regional areas

Description

General—APA's purposes are to improve treatment, rehabilitation and care for the mentally ill, the mentally retarded, and emotionally disturbed people; promote research and professional education; advance the standards for services and facilities; foster cooperation between all those concerned with mental health and illness; and promote the best interests of patients.

Aging and Health—APA's Aging Committee is involved in evaluation of care and treatment for the elderly, third-party funding, social services, Federal decisions affecting geriatric care, and research in training in geriatric psychiatry. The committee has time-limited task forces which prepare reports for both internal and public use. Current task forces include Forensic Issues in Geriatric Psychiatry, Psychotropic Drug Use and the Elderly, and Interface of Psychiatry and Medicine in Geriatrics.

Periodicals

Title: *American Journal of Psychiatry*
Frequency: Monthly
Circulation: 38,200 copies

Title: *Journal of Hospital and Community Psychiatry*
Frequency: Monthly
Circulation: 18,800 copies

Title: *Psychiatric News*
Frequency: Semimonthly
Circulation: 31,400 copies to members

American Psychological Association (APA)

1200 17th Street, N.W.
Washington, D.C. 20036
(202) 955-7600

Membership
58,000 psychologists and 20,000 associate and affiliate members

Subgroups—53 state groups

Description
General—APA's purpose is to advance psychology as a science, a profession, and a means of promoting human welfare.

Aging and Health—The Association has a Division of Adult Development and Aging which members can elect to join as an area of interest. This division is involved in an interdisciplinary action committee to implement mental health recommendations of the White House Conference on Aging. The division develops testimony related to Medicare coverage, has conducted a national survey through community mental health centers to define service delivery issues for the elderly, and proposes amendments to the Older Americans Act.

Periodicals
Title: *APA Monitor*
Frequency: Monthly
Circulation: 90,000 copies to members, Congress, and other interested parties

Title: *Psychology Today*
Frequency: Monthly
Circulation: 850,000 copies through newsstands and to subscribers

Title: *American Psychologist*
Frequency: Monthly
Circulation: 75,000 copies to members, educators, students, psychologists, personnel consultants, and others interested in behavioral sciences

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Other Publications
APA also publishes 27 periodicals and a variety of books, brochures, and pamphlets. A listing is available from the APA Order Department.

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American Public Health Association (APHA)

1015 15th Street, N.W.
Washington, D.C. 20005
(202) 789-5600

Membership

29,000 members including physicians, nurses, educators, environmentalists, social workers, optometrists, podiatrists, pharmacists, dentists, industrial hygienists, other health specialists, and interested consumers

Subgroups—48 affiliate state and local public health organizations

Description

General—APHA seeks to protect and promote personal and environmental health. Services include promulgation of standards, establishment of uniform practices and procedures, research on the etiology of communicable diseases, research in many areas of public health, and exploration of various types of medical care programs and their relationships to public health. It also maintains 24 sections including Community Health Planning, Food and Nutrition, Gerontological Health, Health Administration, Medical Care, and Mental Health. Special primary interest groups include a Forum on Alcohol and Drug Problems, a Forum on Bioethics, a Health Law Forum, Injury Control, and Emergency Health Services.

Health—The section on Gerontological Health focuses on aging.

Periodicals

Title: *American Journal of Public Health*
Frequency: Monthly
Circulation: 32,898 copies to members, related organizations, and subscribers

Title: *The Nation's Health*
Frequency: Monthly
Circulation: 29,424 copies to members and subscribers

American Red Cross

431 18th Street, N.W.
Washington, D.C. 20006
(202) 737-8300

Membership
Over 2 million volunteers

Subgroups—Field offices, divisions, and chapters

Description
General—Operating under Congressional charter and fulfilling U.S. obligations under certain international treaties, the American Red Cross serves members of the U.S. Armed Forces, veterans, and their families; aids disaster victims; and assists other Red Cross societies in times of emergency. Other activities include blood services; training volunteers for chapters, hospitals, and other community agencies; community services; international activities; and service opportunities for youth.

Health-Related—The Red Cross conducts health fairs on nutrition, hypertension, blood pressure screening, and first aid. Health fairs geared to the elderly are held in many communities each year.

Periodicals
Title: *The Good Neighbor*
Frequency: Bimonthly
Circulation: 80,000 copies sent in bulk to individual chapters for distribution

American Society for Geriatric Dentistry (ASGD)

1121 West Michigan Street
Indianapolis, Indiana 46202
(317) 264-8845

Membership
350 dentists

Subgroups—Hygienists, dental assistants, nursing home directors, social workers, and therapists interested in treating the aged

Description
General—ASGD's purpose is to educate dental professionals to meet the needs of the elderly patient and to make them aware of the special problems of the aged.

Periodicals
Title: *Special Care in Dentistry*
Frequency: Bimonthly
Circulation: 2,895 copies to all members and others

Title: *News Letter*
Frequency: Bimonthly
Circulation: 350 copies to dentists

American Society of Internal Medicine

1101 Vermont Avenue, N.W.
Suite 500
Washington, D.C. 20005
(202) 289-1700

Membership
More than 18,000 specialists in internal medicine and neurology

Description
General—The Society is concerned with social, economic, and political factors affecting delivery of high quality American medical care.

Periodicals
Title: *The Internist*
Frequency: 10 times a year
Circulation: 22,000 copies to internists and other interested persons

Other Publications
The Society publishes *Medicare: What It Will and Will Not Pay For, Staying Healthy As You Get Older,* and *Choosing a Nursing Home.*

Association for Gerontology in Higher Education (AGHE)

600 Maryland Avenue, S.W.
West Wing 204
Washington, D.C. 20024
(202) 484-7505

Membership
205 accredited universities, colleges, and other institutions that represent gerontological education and research programs

Description
General—AGHE's purposes are to unite organizations and institutions of higher education which conduct research, provide professional and other related training and education for gerontology and to provide a network of communication for such institutions; to promote and encourage general education in gerontology and the proper education and training of individuals preparing for careers in the field of gerontology; to increase public awareness of the need for such education and training; to advance gerontology in higher education through public forums in which members exchange ideas, knowledge, and understanding; to provide an effective base for continuing cooperation with public officials, voluntary organizations, individual membership associations, and others interested in aging and education.

The Association's activities include consultations with and for member institutions, research analyses, collection of program resource materials, communication with national leaders and governmental officials, and liaison and cooperation with organizations whose purposes are consistent with those of AGHE.

Health—AGHE addresses health-related issues, as appropriate.

Periodicals
Title: *Bulletin*
Frequency: Four times a year
Circulation: 2,200 copies to member organizations and to other interested individuals

Title: *Newsletter*
Frequency: Twice a year
Circulation: 2,200 copies to member organizations and others including interested institutions of higher education, Congressional committees, the National Association of Area Agencies on Aging, and the Administration on Aging

Other Publications
National Directory of Educational Programs in Gerontology, Proceedings from AGHE annual meetings, and a special publication on *Foundations for Gerontological Education*

Blue Cross-Blue Shield Association (BC-BSA)
676 North St. Clair
Chicago, Illinois 60611
(312) 440-6000

Membership
97 Blue Cross-Blue Shield (BC-BS) plans

Subgroups—Four regional offices

Description
General—BC-BS's purpose is to promote the efficiency and effectiveness of member plans in their efforts to provide prepaid health care financing service for the U.S. population. This is accomplished through promoting common objectives, increasing the effective performance of the systems, providing leadership coordination, and supporting programs, as necessary. Eight categories of services and/or activities have been defined: governance, representation, leadership, support services, performance monitoring and evaluation, operational programs, contract operations, and marketing analysis and strategy development. The Association also disseminates a wide range of materials and publications to member plans. It serves as the prime contractor with the Federal Government for Medicare Part A and FEP, and as facilitator under Medicare Part B and CHAMPUS. As such, some member plans are intermediaries or carriers for Medicare and offer coverage to the elderly to supplement Medicare.

Aging and Health—Health promotion is a major area of focus nationally and for individual member plans. The Association offers a work-site high blood pressure control program and cancer screening, conducts a study of third-party payor support for health promotion, and cooperates and works with outside health-related organizations. As many as 85 plans offer health promotion activities in diverse areas and at least 15 plans have initiated health promotion efforts targeted at the elderly. This includes making presentations to senior citizen groups concerning exercise, nutrition, and weight control; sponsoring summer and winter senior citizen olympics; distributing health promotion publications; serv-

ing on state committees on aging, and developing films on preretirement planning.

Periodicals
Title: *Health Promotion Update*
Frequency: Monthly
Circulation: 500 copies to member plans and other interested parties

Other Publications
Communicating to Older Americans—Offers guidelines to improve the printed materials sent to older Americans by individual plans

Health Promotion Directory—Lists and briefly describes health promotion activities of member plans

Good Eating: An Older Consumer's Guide to a Healthful Diet on a Low Budget

Blue Cross and Blue Shield Guide to Staying Well—Presents steps to good eating, sound exercise, and the tools necessary to beat stress. It includes a "Staying Well Personal Fitness Dairy," "Staying Well Self-Evaluation Test," and the film "Staying Well"

The Association also distributes booklets on health and social issues, including *Feel Better—A Fitness Program*, *Food and Fitness*, *Stress*, and *Building a Healthier Company*.

B'nai B'rith International (BBI)

1640 Rhode Island Avenue, N.W.
Washington, D.C. 20036
(202) 857-6600

Membership

500,000 Jewish men, women, and youth

Subgroups—B'nai B'rith, B'nai B'rith Women, and B'nai B'rith Youth organizations

Description

General—BBI's missions are to provide services to Jewish people and to humanity in general; unite persons of the Jewish faith to promote their highest interests; develop and elevate their mental and moral character; stress the purest principles of philanthropy, honor, and patriotism; support science and art; visit and care for the sick; rescue victims of persecution; and provide for, protect, and assist the poor, aged, widowed, and orphaned. BBI also maintains a museum and speakers bureau and conducts studies on important Jewish issues. A human rights organization, the Jewish Anti-Defamation League, is sponsored by BBI.

Aging and Health—BBI maintains a Senior Housing Program that constructs and sponsors apartment houses throughout the U.S. It is involved in preretirement planning and consumer guidance for the elderly. BBI also works with organizations concerned with the elderly to enhance the quality of life for older people.

Periodicals

Title: *International Jewish Monthly*
Frequency: Monthly
Circulation: 250,000 copies to members, subscribers, and other interested individuals

Title: *Chai-Lights on Aging*
Frequency: Intermittent
Circulation: 250 copies to Community Volunteer Services Commissions, area agencies on aging, and other interested individuals

Other Publications
BBI publishes several publications of interest to the elderly including *Reach Out . . . and Touch!*, *Summer Magic*, and *But for What?* (a guide for members to use to enhance the lives of older adults).

B'nai B'rith Women (BBW)

1640 Rhode Island Avenue, N.W.
Washington, D.C. 20036
(202) 857-6665

Membership
125,000 members

Subgroups--815 local groups

Description
General—BBW has taken upon itself the mission of uniting persons of the Jewish faith through educational, charitable, and religious programs that develop and stimulate mental and moral character; stress the purest principles of philanthropy, honor, and patriotism; and give guidance to youth on the broadest principles of humanity. BBW also devotes its efforts to the support of science and art, the rescue of victims of persecution, and the care of the sick and aged.

Aging and Health—BBW has developed several programs for use by local chapters/councils in response to older adults' needs. The Memory Bank Treasury project helps preserve Jewish life by collecting the memories of older members and nursing home residents on cassette tape. BBW also has three programs in a series called Women On Their Own—*Advocating for Women* explains how to build public awareness; *Learning Self-Reliance* explains how to lead an active and productive life on one's own; and *Promoting Healthy Bodies* explains how to maintain health through nutrition and exercise. In addition, BBW offers community volunteer services in which older people can participate.

Periodicals
Title: *Women's World*
Frequency: Bimonthly
Circulation: 125,000 copies to members

Other Publications
The *Older Adult Manual* contains information on how to organize

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meals-on-wheels, tele-pal, kosher shopping, and safety awareness programs.

Horizons Unlimited addresses issues such as widowhood, financial security, retirement, senior citizen communities, and keeping in touch with friends.

Catholic Golden Age (CGA)

National Headquarters
Scranton, Pennsylvania 18503
(717) 342-3294

Membership

Over 770,000 people have enrolled since CGA's inception

Subgroups—100 local chapters

Description

General—CGA's purposes are to study and discuss the meaning of a longer life and to provide older persons with the motivation to lead self-fulfilling lives with emphasis on the role of religious faith. CGA assists the aged in their social, physical, economic, intellectual, and spiritual needs. It sponsors apostolic and charitable work and member-oriented religious worship, stressing participation; offers monthly Mass for members—living and deceased; sponsors travel to places of religious significance; and offers various group insurance plans, as well as discounts on hotels and motels, rental cars, eyeglasses, and prescriptions. CGA also participates in local, state, and national forums. The Catholic Golden Age Foundation (sponsored by CGA) disburses funds to further CGA's charitable, benevolent, religious, and educational endeavors.

Health—Local chapters plan a wide range of program activities for members, some of which are related to health and health promotion. Future plans include involvement in fostering home and hospice care.

Periodicals

Title: *CGA World*
Frequency: Bimonthly
Circulation: 250,000 copies to member households; copies also sent to pastors of other parishes, senior centers, and other relevant organizations

Gerontological Society of America (GSoA)

1411 K Street, N.W.
Suite 300
Washington, D.C. 20005
(202) 393-1411

Membership
5,800 members including nurses, educators, physiologists, anatomists, biochemists, sociologists, botanists, psychiatrists, pharmacologists, geneticists, zoologists, endocrinologists, administrators, and other professionals

Description
General—GSoA strives to improve the well-being of older people by promoting scientific study of the aging process, publishing information about aging, and bringing together all disciplines interested in older people. Its four primary sections are biological, clinical/medical, behavioral/social, and social research planning and practice.

Health—Some of the sections deal with health, but not health promotion specifically.

Periodicals
Title: *The Gerontologist*
Frequency: Bimonthly
Circulation: 10,000 copies to members, other professionals in gerontology, and other organizations

Title: *Journal of Gerontology*
Frequency: Bimonthly
Circulation: 9,000 copies to members, other professionals in gerontology, and other organizations

Title: *Newsletter*
Frequency: Ten times a year
Circulation: 5,800 copies to members only

Gray Panthers

3635 Chestnut Street
Philadelphia, Pennsylvania 19104
(215) 382-3300

Membership
50,000 members

Subgroups—115 local groups

Description
General—The Gray Panthers is a consciousness-raising group of older adults and young people. It aims to combat ageism—the discrimination against older people on the basis of chronological age. The Gray Panthers advise, act as a catalyst, and organize groups of young and old who work together on chosen issues. It also maintains a research file, offers an information and referral service, and conducts seminars.

Periodicals
Title: *The Network Newspaper*
Frequency: Quarterly
Circulation: Over 50,000 copies to members and subscribers

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Health Insurance Association of America (HIAA)

1750 K Street, N.W.
Suite 600
Washington, D.C. 20006
(202) 331-1336

Membership

338 commercial insurance companies that market health and disability insurance

Description

General—HIAA's purpose is to assist member companies in the promotion and development of voluntary health insurance to provide sound protection against loss of income and other financial burdens resulting from sickness or accidental bodily injury. Activities and services include maintaining liaison with and furnishing information and technical assistance to national, state and local organizations of physicians, dentists, hospitals, consumer organizations, and others concerned with the delivery and quality of health care. HIAA also performs public relations and information dissemination for the health insurance business.

Aging and Health—Three committees of HIAA deal with aging issues—Long-Term Care and the Elderly, Medicare Administration, and Social Security. Many member companies market supplemental insurance coverage for Medicare. HIAA cooperates with the National Council on the Aging and the National Association of Life Underwriters in cosponsoring a slide presentation on Medicare and Medicaid supplemental policies. It also has a program that encourages members to sponsor health education and health promotion programs for their own employees as well as for group policyholders. The Center for Corporate Public Involvement jointly sponsored by HIAA and the American Council of Life Insurance has an advisory council on education for health that provides guidance to life and health insurance companies on what they might do to contribute to better health. The center sponsored the 3-year Life Cycle Preventive Health Services Project, a model project, that attempted to determine the feasibility of implementing the life cycle approach to preventive medical care.

HIAA also sponsored a conference on health education and promotion and has conducted a video teleconference in major cities to stimulate a broader commitment by the business community to worksite wellness.

Periodicals
Title: *Executive Report*
Frequency: Monthly
Circulation: 1,500 copies to senior management of member companies

Other Publications
Source Book of Health Insurance Data is an annual report on private health insurance coverage and health care data

Your Guide to Wellness at the Worksite discusses effective health promotion programs for employees

Health Education and Promotion—Agenda for the 1980's includes papers presented at a conference on health education and promotion

Wellness Resources: A Bibliography

Smoking Cessation and Prevention: Why Get Involved?

Life Cycle Preventive Health Services Study

Other pamphlets offered by HIAA include *How to Use Health Care Services Wisely, Staying Well—Your Responsibility,* and *Promoting Better Health Among Employees.*

Japanese American Citizens League (JACL)

1765 Sutter Street
San Francisco, California 94115
(415) 921-5225

Membership

26,000 people, primarily Japanese Americans

Subgroups—112 local chapters across the mainland U.S., Hawaii, and Japan

Description

General—JACL is a nonprofit, educational, human and civil rights organization representing Americans of Japanese ancestry. It promotes and defends the interests of Japanese Americans and other minority groups through lobbyists; provides educational and cultural programs to increase public awareness and understanding of Japanese Americans and enhance U.S.-Japanese relations; sponsors and develops community service programs that assist the aged and build an ethnic awareness among the young; and offers economical group rate health insurance plans and low-interest loans.

Health—JACL participates in and sponsors minority health fairs and offers a preretirement program through video and discussion packages designed to stimulate thought and ensure emotional/psychological, and physical well-being.

Periodicals

Title: *The Pacific Citizen*
Frequency: Weekly
Circulation: 24,000 copies

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Jewish Association for Services for the Aged (JASA)
40 West 68th Street
New York, New York 10023
(212) 724-3200

Membership
50,000 older adults and clients in New York City, Nassau, and Suffolk Counties, New York

Subgroups—21 community service offices and 24 local senior citizen centers

JASA's recreation for the elderly program provides cultural and recreational programming to 40 smaller independent senior citizen clubs.

JASA/SHARE is a self-governing association of recently arrived older Jews from the Soviet Union. It offers its 1,500 members activities to help them learn about life in the United States.

JPAC (Joint Public Affairs Committee for Older Adults) organizes social action committees in more than 100 senior citizen centers in Greater New York. It offers citizenship education regarding legislative processes and organizes social action campaigns on legislative issues of concern to senior citizens. The *Senior Citizens Advocate* is published in conjunction with the Central Bureau for the Jewish Aged (see Periodicals section for additional information).

The Association for Services for the Aged (Brooklyn) and Services for the Aged (Queens) are home attendant agencies operated as subsidiaries by JASA, serving 600 homebound elderly in Brooklyn and 400 in Queens. Home services are also provided by JASA Long Beach Home Services and JASA Bronx Home Care Program.

Description
General—The Association's purposes are to keep older adults in the community and to provide the services necessary to enable them to remain there. Services include information and referral to appropriate health, welfare, educational, social, recreational, and vocational services; personal, health and medical service, and

housing counseling; financial assistance; help in securing homemaker services; conducting group educational and recreational activities through senior citizen associations; referral to summer camps; legal and protective services; outreach to the isolated; volunteer service opportunities; and meals-on-wheels to homebound elderly. It also sponsors 1,800 housing units, trains students, and sponsors senior centers and nutrition programs serving daily hot kosher lunches.

Health—JASA provides information and referral to appropriate health services. Member senior centers offer health lectures, health screening, and nutrition counseling.

Periodicals
Title: *Senior Citizens Advocate* (published by Joint Public Affairs Committee for Older Adults)
Frequency: Quarterly
Circulation: 57,000 copies to members, clients, and other senior centers in New York City

Other Publications
Bienneal Progress Report, brochures, and fliers

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Leadership Council of Aging Organizations

1909 K Street, N.W.
Washington, D.C. 20049
(202) 347-8800

Membership
28 national membership or professional organizations serving older persons

Description
General—The Council's purposes are to foster communication among member organizations regarding national issues affecting older adults and to generate joint advocacy strategies, as appropriate. Members are dedicated to preserving public-sector responsibilities for serving America's aged; promoting thoughtful and rational policy changes; seeking dialogue with responsible public officials, ensuring that the contributions of America's aged are not blocked by either legislative intent or institutional discrimination; and ensuring that no aged people—regardless of sex, race, or ethnic origin—are treated unfairly. The Council also acts as a coordinating body to organize members into a unified coalition.

Aging and Health—The Council takes positions on specific issues of interest to the aged, including health.

Publications
The Council publishes periodic papers and monographs on issues affecting the aged as well as Federal budget analyses.

National Alliance of Senior Citizens (NASC)

2525 Wilson Boulevard
Arlington, Virginia 22201
(703) 528-4380

Membership

1,400,000 persons interested in acting on behalf of senior Americans

Subgroups—7 regional groups

Description

General—NASC's purpose is to inform the membership and the public of the needs of senior citizens and the programs and policies being carried out by Government agencies and other specified groups. NASC represents the views of senior Americans before Congress and state legislatures. The Alliance also provides benefits and services to members, maintains a library for political and general research, and has a Golden Age Hall of Fame honoring individuals for outstanding service to the senior community. NASC also compiles statistics.

Health—NASC lobbies for health-related legislation, IRA-type reform programs, and criminal justice reform legislation.

Periodicals

Title: *Senior Guardian*
Frequency: Monthly
Circulation: 25,000 copies to members contributing more than membership dues

Title: *Our Age*
Frequency: Bimonthly
Circulation: 225,000 copies for general distribution

National Association for Hearing and Speech Action (NAHSA)
10801 Rockville Pike
Rockville, Maryland 20852
(301) 897-8682

Membership
3,500 individuals with speech, language, and hearing disorders; their families; and interested professionals

Description
General—NAHSA is primarily concerned with public information and advocacy in behalf of the communicatively impaired. It is the consumer affiliate of the American Speech-Language-Hearing Association. The NAHSA also provides information on insurance coverage for consumers.

Health-Related—A hearing and speech HELPLINE (call toll-free 800-638-8255) has been set up to handle specific questions about communication disorders.

Publications
NAHSA distributes a series of brochures on various communications disorders. It also has a directory of sites in the U.S. which are equipped with assistive devices for the hearing impaired.

National Association for Hispanic Elderly

AKA: Asociacion Nacional Pro Personas Mayores (ANPPM)
1730 West Olympic Boulevard, Suite 401
Los Angeles, California 90015
(213) 487-1922

Membership
2,000 members including 1,600 older persons and 400 organizations and social service groups concerned with aging

Description
General—The Association articulates the needs of the Hispanic elderly and other low income elderly. It seeks to include the Hispanic elderly in social service programs aimed at older Americans; administers the Senior Community Service Employment Project funded by the Department of Labor, providing employment to more than 1,700 low-income people over 55 years of age in 10 states; conducts nationwide social research; and provides technical assistance and training for the aging network, community groups, and older workers.

Health—The Association develops and distributes health fact sheets to members, has conducted two national surveys of older Hispanics, and is planning to develop radio and television messages.

Periodicals
Title: *Legislative Bulletin*
Frequency: Quarterly
Circulation: 2,000 copies to member organizations and individuals

Title: *Our Heritage*
Frequency: Periodic newsletter
Circulation: 2,000 copies to members and other interested individuals and organizations

Other Publications
Health fact sheets, such as *A Nuestra Salud*, a one- to three-page publication in Spanish on aspects of health (e.g., hypothermia, nutrition) derived from the National Institute on Aging's *Age Pages*

National Association for Home Care (NAHC)
519 C Street, N.E.
Stanton Park
Washington, D.C. 20002
(202) 547-7424

Membership
2,500 home care agencies (home health, hospice, and homemaker/home health aid agencies) directly involved in patient care, individuals, associates, and affiliates

Description
General—NAHC monitors Federal and state legislative activities affecting home care, conducts workshops for members and nonmembers on current issues in the field, and strives for high quality of care and standards in human services and delivery systems.

Health—NAHC focuses on issues related to home health care.

Periodicals
Title: *Caring Magazine*
Frequency: Monthly
Circulation: 5,000 copies to members and other interested individuals

Title: *Home Care News*
Frequency: Biweekly
Circulation: 3,000 copies to members of both NAHC and the National Home Caring Council

Title: *NAHC Reports*
Frequency: Monthly
Circulation: 2,500 copies to members

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National Association for Human Development (NAHD)

1620 Eye Street, N.W.
Room 517
Washington, D.C. 20006
(202) 331-1737

Membership
20,000 health and fitness leaders, health educators, senior center administrators, health clubs, nursing and retirement homes, and active older Americans

Description
General—NAHD develops and implements self-help programs relating to health, education, and employment training for older and younger adults. Programs include publication of self-help materials, public awareness campaigns, and training activities.

Aging and Health—NAHD provides consumer-oriented print and audiovisual materials relating to health and fitness for older adults including training/educational seminars for those working with older adults.

Periodicals
Title: *NAHD Digest*
Frequency: Quarterly
Circulation: 17,000 copies to older adults, health and physical educators, fitness clubs, senior center administrators, health departments, nursing homes, retirement homes, hospitals, and businesses

Other Publications
NAHD publishes a *Health and Fitness Program Manual: Active People Over Sixty*, a self-help guide, and other booklets.

Other Media
NAHD puts out a "Join the Active People Over Sixty" poster, training slides on health information and exercise instructions, and films aimed to motivate human development.

National Association for Practical Nurse Education and Services, Inc. (NAPNES)
10801 Pear Tree Lane
Suite 151
St. Louis, Missouri 63074
(314) 426-2662

Membership
25,000 licensed practical and vocational nurses (LPN's/LVN's); registered nurses who are educators; physicians; hospital and nursing home administrators; and others interested in nursing

Subgroups—23 state affiliates and 28 state agencies

Description
General—NAPNES' objectives are directed toward development of sound practical and vocational nurse education and the promotion of these nurses as important members of the health team. NAPNES maintains an accrediting program; provides consultation and advice to schools wishing to develop a practical/vocational nursing program; promotes recruitment of practical/vocational nursing students; sponsors seminars and continuing education programs for LPN's/LVN's; and maintains a library of nursing and health publications. Recently, NAPNES developed and funded a program to recruit minorities and unemployed youth as well as older people into the LPN profession.

Aging and Health—NAPNES conducts workshops and seminars for members on nursing care of the geriatric patient, long-term care, and home care. A curriculum is being developed to train LPN's in caring for the elderly and NAPNES has emphasized the psychological and physiological aspects of aging in continuing education programs.

Periodicals
Title: *Journal of Practical Nursing*
Frequency: 10 times a year
Circulation: 35,000 copies to members, nursing homes, hospitals, pharmaceutical companies, and others interested in practical nursing

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Title: *Vital Signs* (Newsletter)
Frequency: Bimonthly
Circulation: 750 copies to NAPNES leaders

Other Publications
Brochures, career directory, pamphlets, and reprints are available from NAPNES.

National Association of Area Agencies on Aging (N4A)

600 Maryland Avenue, S.W.
Suite 208
Washington, D.C. 20024
(202) 484-7520

Membership

660 Area Agencies on Aging established under the provisions of the Older Americans Act of 1965 (membership listing available from N4A)

Description

General—N4A's purposes are to promote and achieve a reasonable and realistic national policy on aging and to encourage partnership and communication between the elderly and the service provider community and the Administration on Aging, DHHS; State Units on Aging; and Area Agencies on Aging. N4A acts as an advocate for the Area Agencies on Aging and the needs of older persons at the national level and maintains communication among members to enable an effective response to Federal legislation and regulations. N4A also disseminates information to members, the Federal Government, other national organizations, and the public on issues affecting the aged, including health. General administrative and technical assistance is provided to area agencies.

Periodicals

Title: *The Point of Delivery*
Frequency: Monthly
Circulation: 660 copies to members, and 250 copies to directors of State Units on Aging, newsletter subscribers, cooperative members, congressional staff, and other aging organizations

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National Association of Community Health Centers (NACHC)

1625 Eye Street, N.W.
Suite 420
Washington, D.C. 20006
(202) 833-9280

Membership
300 ambulatory health centers and 1,000 individuals including administrators, medical care providers, and consumers

Description
General—NACHC strives to assure the continued growth and development of community-based health care delivery programs for medically underserved populations by providing technical assistance, training, and educational opportunities for their staffs and boards of directors. It supports research; disseminates information; provides representation in legislative and professional arenas; and sponsors educational meetings, workshops, and seminars.

Health-Related—The Disease Prevention/Health Promotion section distributes materials and operates an information clearinghouse.

Periodicals
Title: *Health Bound*
Frequency: Monthly
Circulation: 1,300 copies to members

Title: *Primary Care Focus*
Frequency: Bimonthly
Circulation: 400 subscribers

National Association of Counties (NACo)
440 First Street, N.W.
Washington, D.C. 20001
(202) 393-6226

Membership
2,100 counties

Subgroups—50 state groups and a western interstate region

Description
General—NACo is comprised of elected and appointed county governing officials, other county officials and their deputies at management or policy levels. NACo provides a research and reference service for county officials and represents them at the national level.

Aging and Health—The National Association of County Aging Programs (composed of elected officials, and Area Agency on Aging directors) is an affiliate of the NACo's that meets at an annual conference and a legislative conference to provide recommendations on aging programs. NACo cooperates with Stanford Research Institute and the U.S. Conference of Mayors in selecting counties which are effectively using resources to serve the elderly, such as civic groups, churches, and county governments. Four counties receive direct technical assistance in the area of aging and long-term care. Local members are also extensively involved in transportation and meal programs.

Periodicals
Title: *County News*
Frequency: Biweekly
Circulation: 40,000 copies to members, Congress, and subscribers

National Association of Mature People (NAMP)
2212 N.W. 50th Street
P.O. Box 26792
Oklahoma City, Oklahoma 73126
(405) 848-1832

Membership
400,000 individuals age 40 and over

Description
General—NAMP offers educational programs and materials; recreational activities; group travel programs; free arrest bond certificates; discount buying; financial guidance and counseling; representation before state and Federal legislative bodies; health, auto, and life insurance; prescription drug services; and a charity program. NAMP also bestows awards, compiles statistics, and offers specialized education.

Periodicals
Title: *Newsletter*
Frequency: Monthly
Circulation: Copies to members and others on request

Title: *Best Years*
Frequency: Bimonthly
Circulation: 400,000 copies to members

Other Publications
A retirement planning guide (in looseleaf form) is updated by inserts included in the monthly newsletter. It also includes a section on health.

National Association of Meal Programs
604 West North Avenue
P.O. Box 6344
Pittsburgh, Pennsylvania 15212
(412) 231-2230

Membership
400 member organizations which operate nutrition programs throughout the Nation

Description
The Association's purpose is to improve the quality of life for those with the greatest physical, nutritional, social, and economic needs. Special emphasis is placed on the frail, high risk, disabled, and homebound elderly. The Association is committed to providing and coordinating nutrition, health-related, and home care services, in partnership with private meals-on-wheels programs, public home-delivered meals programs, and congregate meal programs.

Periodicals
Title: *Newsletter*
Frequency: Bimonthly
Circulation: 400 copies to members

Other Publications
How DO YOU Raise Money? How DO YOU Recognize Volunteers? and *Membership Directory* (annual)

National Association of Retired Federal Employees (NARFE)

1533 New Hampshire Avenue, N.W.
Washington, D.C. 20036
(202) 234-0832

Membership

490,000 retired U.S. Government employees, their spouses, persons drawing annuities as survivors of retired Government employees, present employees eligible for optional retirement, and Federal employees with at least 5 years of service

Subgroups—50 state groups and 1,650 local groups

Description

General—NARFE's purposes are to serve annuitants and potential annuitants and their survivors under the retirement laws; to sponsor and support beneficial legislation; and to promote the general welfare of civil service annuitants and their families. The Association is also interested in preretirement programs, especially in Federal and district Government agencies and in the problems of the aged in general. Insurance programs are also offered.

Periodicals

Title: *Retirement Life*
Frequency: Monthly
Circulation: 490,000 copies to entire membership

National Association of Social Workers (NASW)
7981 Eastern Avenue
Silver Spring, Maryland 20910
(301) 565-0333

Membership
95,000 members who hold a minimum of a baccalaureate degree in social work or who are students in social work, and associate members who are engaged in social work in other fields

Subgroups—55 chapters

Description
General—The primary functions of NASW include creating professional standards for social work practice, advocating sound public policies and programs, and providing services to its members.

Aging and Health—The Committee on Aging is comprised of five members drawn from across the country. It meets twice a year to provide policy, guidance, and direction in aging and long-term care; to develop standards for professional practice in the field (e.g., long-term care and case management); to provide leadership advancing research knowledge and practice in the field of aging; and to facilitate communications to state chapters on aging.

Periodicals
Title: *NASW News*
Frequency: Monthly (except August and December)
Circulation: 100,000 copies to members and subscribers, Congress, newspapers, libraries, and related associations

Title: *Social Work*
Frequency: Bimonthly
Circulation: 100,000 copies to members and subscribers, Congress, newspapers, libraries, and related associations

Title: *Practice Digest*
Frequency: Quarterly
Circulation: For sale or through subscription

Title: *Social Work Research and Abstracts*
Frequency: Quarterly
Circulation: For sale or through subscription

Title: *Health and Social Work*
Frequency: Quarterly
Circulation: For sale or through subscription

Title: *Social Work in Education*
Frequency: Quarterly
Circulation: For sale or through subscription

National Association of State Units on Aging (NASUA)

600 Maryland Avenue, S.W.
Suite 208, West Wing
Washington, D.C. 20024
(202) 484-7182

Membership

Fifty states, the District of Columbia, and U.S. territories make up the 57 State Units on Aging. State Units on Aging are agencies of state governments designated by the Governor and state legislature as the focal point for all matters relating to the needs of older persons in the state. A membership listing is available from NASUA

Description

General—Founded in 1964, NASUA is a nonprofit public interest group which provides general and specialized information, technical assistance, and professional development support to its members. It is the vehicle through which the Nation's 57 SUA's join together to promote social policy at the Federal and state levels that is responsive to the needs of older Americans. NASUA is organized into three divisions (policy and program development, professional development, and program management and administration). Membership services include information memoranda, reports on current legislative/regulatory issues and policies affecting state aging programs, and training and technical assistance on a wide range of program and management issues. NASUA also convenes an annual training conference and annual membership meeting, publishes resource manuals on a variety of topics of interest to SUA's, and provides access to the National Data Base on Aging and special consultant services

Periodicals

Title: *Policy Brief*
Frequency: Semiweekly
Circulation: 57 State Units on Aging

Title: *Information Memorandum*
Frequency: Semiweekly
Circulation: 57 State Units on Aging

Other Publications

An Orientation to the Older Americans Act, State Units on Aging: Understanding Their Roles and Responsibilities, National Data Base on Aging reports, position papers, various reports of policy and practice innovations in state aging programs (e.g., aging unit information systems, employment, long-term care, service system development, and advocacy) are available from NASUA.

National Cancer Institute (NCI)

Building 31, Room 10A18
Bethesda, Maryland 20205
(301) 496-6631

Membership

NCI is part of the Federal Government's National Institutes of Health.

Description

General—NCI is the Federal Government's principal agency for research on cancer prevention, diagnosis, treatment, and rehabilitation, and for dissemination of information related to the control of cancer.

Health-Related—The Cancer Information Service, a program of NCI, has trained staff who provide personalized anwers to callers' questions about cancer, including prevention, detection, treatment, and resources in the callers' area. By dialing their toll-free number, 1-800-4-CANCER, callers automatically reach the office serving their region.

In Alaska, call 1-800-638-6070; in Washington, D.C. (and suburbs in Maryland and Virginia), call 636-5700; in Hawaii, on Oahu call 524-1234 (neighbor islands call collect).

Spanish-speaking staff members are available to callers from the following areas (daytime hours only): California (area codes 213, 714, 619, and 805), Florida, Georgia, Illinois, northern New Jersey, New York City, and Texas.

Publications

NCI distributes publications on detection, treatment, and many other aspects of cancer. A list of publications can be obtained by writing NCI.

National Caucus and Center on Black Aged (NCBA)

1424 K Street, N.W.
Suite 500
Washington, D.C. 20005
(202) 637-8400

Membership
25,000 persons who seek to improve the quality of life for older blacks

Subgroups—50 local chapters

Description
General—NCBA carries out activities in two major areas: advocacy and services. Advocacy projects include Civil Rights and Affirmative Action in the Aging Networks, Legislative and Administrative Advocacy, Senior Empowerment, NCBA Council of Olders, and Long-Term Care and the Black Elderly. Service programs include employment, housing services, improvement of social services, technical assistance and training to minority sponsors for the elderly, transportation, and development of the Black Voluntary Networks.

Periodicals
Title: *Golden Page*
Frequency: Quarterly
Circulation: 30,000 copies

National Citizens Coalition for Nursing Home Reform (NCCNHR)

1309 L Street, N.W.
Suite 300
Washington, D.C. 20005
(202) 393-7979

Membership

250 local consumer/citizen action groups and several hundred individuals

Description

General—NCCNHR's purpose is to provide a consumer voice at the national, state, and local levels in the development and implementation of the long-term care system. It provides a platform through which groups can keep informed of current movements for change and can make their views known. NCCNHR also conducts seminars and training programs, utilizes a speakers bureau of advocates from around the country, and serves as a clearinghouse for information on nursing home issues.

Periodicals

Title: *Collation: A Journal for Advocates Working on Nursing Home Issues*
Frequency: Quarterly
Circulation: 1,000 copies

National Conference of Catholic Charities
1346 Connecticut Avenue, N.W.
Suite 307
Washington, D.C. 20036
(202) 785-2757

Membership
4,000 members

Subgroups—State, regional, and local subgroups

Description
General—The National Conference of Catholic Charities maintains a consultation and information service, promotes research, and maintains interest in a broad range of social problems including social security, unemployment, and housing.

Aging and Health—This organization provides extensive service delivery to the aged in the areas of counseling, foster families, group home and institutional care, homemaker services, social activities, access services, and emergency shelter and assistance. Other service delivery programs, though not age-specific, have contributed to the promotion of independent living for the aging (e.g., home health care, health clinics, institutional nursing care, family life, and adult education).

Periodicals
Title: *Charities USA*
Frequency: Ten issues a year plus one special issue on policy
Circulation: 4,000 copies

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National Council of Senior Citizens (NCSC)

925 15th Street, N.W.
Washington, D.C. 20005
(202) 347-8800

Membership

4.5 million individuals through 4,000 autonomous senior citizen clubs, associations, councils, and other groups

Description

General—As an educational and action group, NCSC supports Medicare; preservation of social security; improved recreational, educational, and health programs; increased voluntary service programs; reduced costs of drugs; better housing; and other programs to aid senior citizens. It sponsors educational workshops and leadership training institutes; provides speakers on Medicare and other concerns of the elderly; helps organize and develop programs for local and state groups; and encourages participation in social and political action activities. (NCSC does not endorse candidates for political office, but works on behalf of issues.) It also distributes films, news mats, special reports, and other materials and maintains a library of books and a collection of materials on Medicare and other programs. NCSC sponsors a National Senior Citizens Education and Research Center.

Health—NCSC follows health legislation closely. *Retirement Newsletter* often includes information on health and health promotion.

Periodicals

Title: *Senior Citizen News*
Frequency: Monthly
Circulation: 400,000 copies sent in bulk for distribution through the 4,000 clubs

Title: *Retirement Newsletter*
Frequency: Monthly
Circulation: 40,000 copies to members of pension funds and other retirees

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Title: *Senior Leader*
Frequency: Monthly
Circulation: 4,000 copies to member clubs

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National Council on Alcoholism, Inc. (NCA)

12 West 21st Street
New York, New York 10010
(212) 206-6770

Membership

Subgroups—Over 200 local councils and state associations

Description

General—NCA is a national voluntary health organization founded to combat the disease of alcoholism. Its major goals are to educate the public about alcoholism as a treatable disease, promote prevention programs to reduce alcoholism and alcohol-related problems, and encourage the development of quality treatment programs easily accessible to alcoholics and their families.

Periodicals

Title: *The Amethyst*
Frequency: Bimonthly
Circulation: 7,000 copies

Other Publications

NCA publishes more than 200 books and pamphlets related to alcoholism, including *Older People and Alcoholism*, *Substance Abuse Among the Elderly*, *The Unseen Alcoholics—The Elderly*, and *Alcohol and the Elderly: A Comprehensive Bibliography*. A publications list is available upon request.

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National Council on the Aging, Inc. (NCOA)

600 Maryland Avenue, S.W.
West Wing 100
Washington, D.C. 20024
(202) 479-1200

Membership

Individuals and organizations in business and industry, organized labor, health professions, social work, libraries, religion, education, housing, research and government agencies, and state and local communities on aging

Subgroups—The National Institute of Senior Centers, the National Institute on Adult Daycare, the National Center on Rural Aging, the National Institute of Senior Housing, the National Association of Older Worker Employment Services, the National Voluntary Organizations for Independent Living for the Aging, and the National Institute on Community-Based Long-Term Care

Description

General—NCOA cooperates with other organizations to promote concerns of the elderly and to develop methods and resources for meeting their needs. It provides a national information and consultation center, holds conferences and workshops, conducts research and demonstration programs, and addresses concerns of older people (e.g., training and placement of older workers, relieving poverty, services for the frail elderly living in their own homes, access to health and social services, and increasing opportunities for socialization and participation in artistic and cultural programs and services). It also sponsors senior centers and maintains a comprehensive library of volumes on aging, with emphasis on the psychological, economic, and social aspects. All of the subgroups listed above are maintained by the NCOA.

Health—Geriatric fellowships are awarded to medical students through Traveller's Insurance Company. The Council conducts seminars on wellness, develops modules with drug companies for the appropriate use of over-the-counter and prescription drugs, and acts as a resource for others seeking education relevant to aging.

Periodicals
Title: *Perspective on Aging*
Frequency: Bimonthly
Circulation: 7,000 copies to entire membership and other interested persons

Title: *Aging and Work*
Frequency: Quarterly
Circulation: 1,200 copies to subscribers

Title: *Current Literature on Aging*
Frequency: Quarterly
Circulation: 4,200 copies to members and subscribers

Title: *Senior Center Report*
Frequency: Bimonthly
Circulation: 2,300 copies to those affiliated with this constituent unit

Title: *National Institute on Adult Daycare News*
Frequency: Quarterly
Circulation: 900 copies to those affiliated with this constituent unit

Title: *National Association of Older Worker Employment Services News*
Frequency: Quarterly
Circulation: 300 copies to those affiliated with this constituent unit

Title: *National Institute of Senior Housing News*
Frequency: Quarterly
Circulation: 400 copies to those affiliated with this constituent unit

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Title: *Rural Roundup*
Frequency: Quarterly
Circulation: 500 copies to those affiliated with the National Center on Rural Aging

Other Publications
Monographs on a wide variety of topics

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National Eye Institute (NEI)

Building 31, Room 6A32
Bethesda, Maryland 20205
(301) 496-5248

Membership

NEI is part of the Federal Government's National Institutes of Health.

Description

General—NEI conducts, fosters, and supports basic and applied research. Included are clinical trials related to the cause, natural history, prevention, diagnosis, and treatment of disorders of the eye and visual system, and in related fields (including visual impairment and its rehabilitation).

Health—NEI cooperates and collaborates with professional, commercial, voluntary, and philanthropic organizations concerned with vision research and training, disease prevention and health promotion, and the special health problems of the visually impaired, disabled, and blind.

Publications

NEI publishes *Diabetes and Your Eyes*, *Cataracts*, and the following fact sheets: *Diagram of the Eye*, *Early Treatment Diabetic Retinopathy Study (ETDRS)*, *Low Vision*, *Ocular Histoplasmosis*, *Retinitis Pigmentosa*, *Senile Macular Degeneration Study*, and *Senile Macular Degeneration Study Results*.

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National Foundation for Ileitis and Colitis, Inc.
444 Park Avenue South
11th Floor
New York, New York 10016
(212) 685-3440

Membership
13,500 national members including physicians, patients, and families of patients with Crohn's disease (ileitis) or ulcerative colitis

Subgroups—54 chapters

Description
General—The Foundation strives to fund research leading to a better medical understanding of and ultimate care of Crohn's disease and ulcerative colitis (inflammatory bowel disease), and to educate the public, patients, and the medical profession about these diseases.

Periodicals
Title: *Foundation Focus*
Frequency: Quarterly
Circulation: 13,500 copies to membership

Title: *IBD News*
Frequency: Quarterly or three times a year
Circulation: 10,000 copies to gerontologists, gastrointestinal surgeons, and surgeons

National Geriatrics Society

212 West Wisconsin Avenue
Milwaukee, Wisconsin 53203
(414) 272-4130

Membership
189 members at qualified geriatric institutions, individual professionals, and sustaining members

Description
General—The Society is a nonprofit educational organization dedicated to the advancement of techniques of care for aged, infirmed, chronically ill, handicapped, and convalescent patients. It promotes the exchange of experience, techniques, and research among professionals concerned with geriatric care; and provides a means for professionals to keep in touch with developments in medicine, nursing, rehabilitation, pharmacology, psychology, and the social sciences.

Periodicals
Title: *National Geriatrics Newsletter*
Frequency: Monthly
Circulation: 1,000 copies

Title: *Nursing Care Requirements in Nursing Homes in the States of the Union*
Frequency: Every 3 years (last update in 1983)
Circulation: 5,000 copies

Other Publications
Monographs and other publications are prepared periodically.

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National Hearing Aid Society

20361 Middlebelt
Livonia, Michigan 48152
(313) 478-2610

Membership
3,500 hearing aid health care professionals

Subgroups—Fifty state and provincial chapters throughout the U.S. and Canada

Description
General—The Society establishes standards, provides consumer information and advocacy, serves as a data resource center, approves and coordinates educational programs about hearing aid technology, and is the certifying body for Certified Hearing Aid Audiologists.

Health– The Society sponsors and administers the national toll-free Hearing Aid Helpline, 1-800-521-5247 (in Michigan call 1-313-478-2610). The Helpline answers questions about how to proceed when a hearing loss is suspected and furnishes a consumer kit which includes literature on hearing-related questions.

Periodicals
Title: *Audecibel*
Frequency: Quarterly
Circulation: 13,400 copies to hearing aid specialists

Title: *Directory of National Hearing Aid Society Members*
Frequency: Annual
Circulation: 15,400 copies

Other Publications
Facts About Hearing Aids and other literature are provided in response to specific questions about hearing loss and hearing aids.

National Heart, Lung, and Blood Institute (NHLBI)

Building 31, Room 4A21
Bethesda, Maryland 20205
(301) 496-4236

Membership

NHLBI is part of the Federal Government's National Institutes of Health.

Description

General—NHLBI provides leadership for a national program of research in diseases of the heart, blood vessels, lungs, and blood; the use of blood; and the management of blood resources.

Health—The Institute plans, conducts, fosters, and supports an integrated and coordinated program of research, investigations, clinical trials, and demonstrations relating to the causes, prevention, and methods of diagnosis and treatment (including emergency medical treatment) of heart, blood vessel, lung, and blood diseases through research performed in its own laboratories and through contracts and research grants to scientific institutions and scientists.

Publications

NHLBI publishes numerous brochures, fact sheets, and consumer education materials.

National Homecaring Council (NHC)

235 Park Avenue South
New York, New York 10003
(212) 674-4990

Membership
445 local agencies providing homemaker-home health aide services and other interested organizations and individuals

Description
General—NHC's purposes are to promote understanding of the values of homemaker-home health aide services; provide a central source of information; encourage and guide communities in organizing and extending homemaker-home health aide services; promote development of standards and administer an agency accreditation/approval program; distribute educational and promotional materials; and sponsor conferences, management institutes, and seminars. NHC also maintains a lending library of materials of interest to communities and agencies seeking to initiate and improve homemaker-home health aide service programs.

Periodicals
Title: *News*
Frequency: Quarterly
Circulation: Copies to all members and affiliates and other interested persons (subscription only)

Title: *Alert*
Frequency: Monthly
Circulation: Copies to members only

National Hospice Organization (NHO)
1901 North Fort Myer Drive
Suite 402
Arlington, Virginia 22209
(703) 243-5900

Membership
Over 2,300 professionals and organizations providing hospice care

Description
General—NHO advocates and supports hospice as an alternative for the terminally ill in the U.S. It organizes demonstration projects in research and encourages education and training for hospice care personnel.

Periodicals
Title: *Hospice Newsletter*
Frequency: Monthly
Circulation: 3,000 copies

Other Publications
NHO publishes an annual *Directory of Hospice Programs*, a guide to hospice programs in the U.S.

National Institute of Arthritis, Diabetes, and Digestive and Kidney Diseases (NIADDK)

Building 31, Room 9A04
Bethesda, Maryland 20205
(301) 496-3583

Membership

NIADDK is part of the Federal Government's National Institutes of Health.

Description

General—NIADDK collects, produces, and disseminates information about research and programs within its general disease areas. This includes announcements, news releases, research highlights, reports to Congress, brochures, pamphlets, fact sheets, and responses to public and congressional inquiries. NIADDK communicates with scientists, health professionals, associations, voluntary organizations, and the lay public.

Health-Related—NIADDK conducts and supports basic and clinical research to uncover the cause, treatment, and prevention of chronic and disabling diseases. These include arthritis, musculoskeletal, and skin diseases; diabetes, endocrinology, and metabolic diseases; digestive diseases and nutrition; and kidney, urologic, and hematologic diseases.

Publications

NIADDK publishes *How to Cope with Arthritis* and *Osteoporosis—Cause, Treatment, Prevention* as well as other brochures and fact sheets.

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National Institute of Dental Research (NIDR)
Building 31, Room 2C33
Bethesda, Maryland 20205
(301) 496-4261

Membership
NIDR is part of the Federal Government's National Institutes of Health.

Description
General—NIDR conducts and supports research on tooth decay, gum disease, soft tissue diseases and nutrition, and abnormalities of growth and development affecting the oral cavity, face, and head. Its National Caries Program strives to eliminate tooth decay as a major public health problem.

Publications
NIDR publishes *Fluoride to Protect the Teeth of Adults* and other brochures and fact sheets.

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National Institute of General Medical Sciences (NIGMS)

Building 31, Room 4A52
Bethesda, Maryland 20205
(301) 496-7301

Membership
NIGMS is part of the Federal Government's National Institutes of Health.

Description
General—NIGMS supports research and research training in the sciences basic to medicine, including genetics, cellular and molecular biology, pharmacology, physiology, and biomedical engineering. This research fosters the development of new knowledge, concepts, and methodologies needed to make progress in the disease-targeted studies supported by other National Institutes of Health components.

Publications
Medicine and You describes what medical researchers are learning about the biological individuality of each person and how it affects the nature of each person's response to medicines.

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National Institute of Neurological and Communicative Disorders and Stroke (NINCDS)

Building 31, Room 8A06
Bethesda, Maryland 20205
(301) 496-5751 or 496-5924

Membership

NINCDS is part of the Federal Government's National Institutes of Health.

Description

General—NINCDS conducts, fosters, coordinates, and guides research on the causes, prevention, diagnosis, and treatment of neurological and communicative disorders and stroke, and conducts basic research in related scientific disciplines. It provides grants-in-aid to public and private institutions and individuals in fields related to its areas of interest.

Health-Related—The NINCDS exhibit is sent to a number of meetings each year, with emphasis on the neurological and communicative disorders. Information for physicians and their patients is provided at such meetings, and publications are distributed to voluntary health organizations. Each year the Institute responds to almost 30,000 written and telephoned public inquiries about neurological and communicative disorders.

Publications

NINCDS distributes various publications in response to requests. Its Hope Through Research Series includes publications on *Stroke*, *Parkinson's Disease*, *Hearing Loss*, *the Dementias*, and *Chronic Pain*. *What You Should Know About Stroke and Stroke Prevention* is also available from NINCDS.

National Institute on Aging (NIA)

Building 31, Room 5C35
Bethesda, Maryland 20205
(301) 496-1752

Membership

NIA is part of the Federal Government's National Institutes of Health.

Description

General—NIA conducts and supports biomedical, social, and behavioral research and training related to the aging process and the diseases and other special problems and needs of the aged. Its Gerontology Research Center in Baltimore, Maryland also includes in its studies the psychological, educational, and economic aspects of aging. Grant support is provided to universities, hospitals, medical centers, and nonprofit institutions throughout the U.S. NIA also provides support to institutions training scientists for research careers in aging.

Aging and Health—NIA plans and executes health promotion campaigns in an effort to educate the public about the special needs and concerns of the elderly. This is accomplished through the production, promotion, and dissemination of materials to the elderly and their families, health care professionals, special interest groups, and others interested in the aged. NIA often collaborates with other organizations as a means of disseminating information to a more diverse audience.

Publications

NIA publishes numerous brochures and fact sheets on health-related topics of concern to the elderly, their families and health professionals in the field of aging. Its *Age Pages* provide practical advice on disease prevention and self-care and suggest sources of additional information. Over 30 different *Age Pages* are available on topics such as high blood pressure, accidents, constipation, diabetes, exercise, safe use of medicine, nutrition, teeth, and skin care. Several *Age Pages* are available in Spanish. Other

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publications include *Q and A: Alzheimer's Disease* and *A Winter Hazard for the Old: Accidental Hypothermia*. A list of publications is available upon request.

Other Media

NIA has produced several videotapes including an NIA orientation; an introduction to aging using Rembrandt self-portraits to illustrate one person's aging process; children and the elderly; and several short spots for television. Its Information Office also maintains extensive videotape and photograph files.

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National Institute on Alcohol Abuse and Alcoholism (NIAAA)

P.O. Box 2345
Rockville, Maryland 20852
(301) 468-2600

Membership

NIAAA is part of the Federal Government's Alcohol, Drug Abuse, and Mental Health Administration.

Description

General—NIAAA sponsors the National Clearinghouse for Alcohol Information which collects data on studies and programs pertaining to prevention, training, treatment, and research aspects of alcohol abuse and alcoholism, and shares this knowledge with interested professionals as well as with the general public. The Clearinghouse plays an active role in the exchange of alcohol information by providing publications, literature searches, announcements, a library and reading room, and reference and referral services.

Health-Related—As the information arm of the NIAAA, the Clearinghouse shares in the national goal of reducing alcoholism and alcohol-related problems. Through exhibits, workshops, direct mail, and technical assistance, it reaches out to organizations oriented towards minorities, youth, occupational groups, health educators, and others in order to stimulate program activity aimed at preventing or minimizing alcohol problems.

Periodicals

Title: *Alcohol Health and Research World*
Frequency: Quarterly
Circulation: 6,000 copies

Title: *Alcohol Awareness Service*
Frequency: Bimonthly
Circulation: 1,800 copies

Other Publications

The Clearinghouse distributes, free of charge, limited numbers of alcohol-related pamphlets, books, posters, and other materials published by the NIAAA including *Alcohol and the Elderly* and *Treating Alcoholism: The Illness, the Symptoms, the Treatment.*

National Institute on Drug Abuse (NIDA)

5600 Fishers Lane
Room 10A-46
Rockville, Maryland 20857
(301) 443-1124

Membership

NIDA is part of the Federal Government's Alcohol, Drug Abuse, and Mental Health Administration.

Description

General—As the lead Federal agency on drug abuse, NIDA provides a national focus for drug abuse research and research training; public information and education; and communication with states, communities, and voluntary groups on approaches to treatment.

Health-Related—NIDA sponsors the National Clearinghouse for Drug Abuse Information, which distributes a wide variety of publications on all aspects of drug abuse, responds to written inquiries, and makes referrals to other appropriate sources. Contact the Clearinghouse by writing to NCDAI, Post Office Box 416, Kensington, Maryland 20795.

Publications

NIDA publications are distributed through the National Clearinghouse for Drug Abuse Information (see above).

Other Media

NIDA's Elder-Ed program offers a film and booklet designed to help older people who are able to get around by themselves to more effectively manage medications they may be taking. Contact NIDA for information about the film. The booklet alone may be ordered through the Clearinghouse.

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National Interfaith Coalition on Aging, Inc. (NICA)

298 South Hull Street
P.O. Box 1924
Athens, Georgia 30603
(404) 353-1331

Membership

National level representatives from the Catholic, Protestant, Jewish, and Orthodox faiths serve on NICA's Board of Directors, together with representatives of secular organizations.

Subgroups—Other religious organizations are affiliate members and national organizations are reciprocal members. In addition, there are approximately 300 individual members throughout the U.S. and a few abroad.

Description

General—NICA identifies, supports, and sponsors research and development efforts, programs, and services for the aging which are best implemented through the religious sector. NICA encourages the elderly to remain active in community life; disseminates information to vitalize and develop the role of the church and synagogue in improving the quality of life and spiritual well-being of the elderly; stimulates cooperation between the religious sector and national, secular, private, and public organizations which support programs on aging; and advocates the inclusion of gerontology in religious education. It also maintains a library of over 700 volumes on subjects including biblical studies in aging, retirement, preretirement, and death and dying.

NICA conducted a project on gerontology in seminary training which had a significant impact on the growth of curricula in gerontology at seminaries.

Periodicals

Title: *Inform*
Frequency: Quarterly
Circulation: 2,000 copies to the membership, seminaries, libraries, and organizations interested in ministry to the aging

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National Kidney Foundation, Inc. (NKF)

2 Park Avenue
New York, New York 10016
(212) 889-2210

Membership

Over 200,000 health care professionals, physicians, social workers, nurses, technicians, nutritionists, patients, and lay volunteers

Subgroups—49 affiliates

Description

General—NKF's goal is the eradication of diseases of the kidney and urinary tract. The Foundation's major objectives are treatment, cure, and prevention. It also strives to insure that people with kidney problems receive the best possible care.

Health-Related—NKF supports a wide variety of programs in treatment, service, education, and prevention designed to aid the patient in the community. Examples of the types of programs carried out by some affiliates include conducting "early warning" detection and screening, distributing medic alert emblems to patients, supporting blood and drug banks, and information and referral for patients.

Publications

NKF distributes a variety of publications including *What Everyone Should Know About Kidneys and Kidney Disease* (also available in Spanish) and *Your Kidneys and How to Detect Kidney Disease*.

National Older American Volunteer Programs Directors Associations

11481 Bingham Terrace
Reston, Virginia 22091
(703) 860-9570

Membership

870 members from the National Association of Foster Grandparents Program (FGP) Directors (200), the National Association of Retired Senior Volunteer Program (RSVP) Directors, Inc. (600), and the National Association of Senior Companion Project Directors (70). (Individual addresses are listed below.)

National Association of Foster Grandparents Program Directors
FGP of Wayne County
9851 Hamilton Avenue
Detroit, Michigan 48202
(313) 883-2100, x 231

National Association of RSVP Directors, Inc.
3614 Bryant Avenue, South
Minneapolis, Minnesota 55409
(612) 827-8158

National Association of Senior Companion Project Directors
P.O. Box 630
Owens Boro, Kentucky 42302
(502) 686-1617

Description

General—These three organizations maintain networks through their directors. They serve as advocates for issues and policies affecting older Americans and provide services, such as workshops and seminars, to the membership.

Periodicals

Title: *Washington Report*
Frequency: Once every 6 weeks
Circulation: 870 copies to members

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National Pacific/Asian Resource Center on Aging
811 First Avenue
Colman Building, Suite 210
Seattle, Washington 98104
(206) 622-5124

Membership
350,000 Pacific/Asian elderly and their families

Description
General—The focus of the National Pacific/Asian Resource Center on Aging is to improve the delivery of health and social services to the Pacific/Asian elderly community to ensure that they are afforded a meaningful, secure, and dignified existence. The Center compiles and assesses information about family and community support systems and their consequences for service delivery; conducts workshops for service providers to disseminate knowledge and information; assists in providing technical assistance to local Pacific/Asian communities in order to enhance their capability to meet the needs of the elderly; develops policy recommendations on a regional and national level that positively impact on services to the Pacific/Asian elderly; and assists in a plan for disseminating information on a national basis.

Periodicals
Title: *Update*
Frequency: Bimonthly
Circulation: 1,800 copies

National Senior Citizens Law Center
1302 18th Street, N.W.
Suite 701
Washington, D.C. 20036
(202) 887-5280

Membership
The Center employs 9 lawyers in its Washington, D.C. and Los Angeles, California offices.

Description
General—The Law Center is a public interest law firm of attorneys who specialize in areas of Federal law having greatest impact on the elderly poor. Services are provided by way of support and council to local legal services attorneys and private attorneys representing indigent persons nationwide.

Publications
Various publications are available including *Medical Program Benefits* and *Is Medicare Enough? A Shopper's Guide to Supplemental Medicare Insurance.*

National Society to Prevent Blindness

79 Madison Avenue
New York, New York
10016-7896
(212) 684-3505

Membership

The Society is made up of numerous volunteers and staff members.

Subgroups—25 state affiliates and Puerto Rico

Description

General—The Society's goal is the prevention of blindness through a comprehensive program of community services, public and professional education, and research.

Periodicals

Title: *Prevent Blindness News*
Frequency: Three times a year
Circulation: 35,500 copies to program directors, committees, ophthalmologists, foundations, contributors, volunteers, and employees of state affiliates

Title: *Sightsaving*
Frequency: Four times a year
Circulation: 10,000 copies to a wide range of professional and volunteer leaders involved in preventing blindness

Other Publications

The Society distributes brochures on glaucoma, cataract, and macular degeneration and the aging eye.

National Urban League (NUL)

500 East 62nd Street
New York, New York 10021
(212) 310-9000

Membership

30,000 volunteers providing nonpartisan community services in civic, professional, business, labor, and religious areas

Subgroups—118 local groups, 35 state groups plus the District of Columbia, and 4 regional groups

Description

General—NUL aims to eliminate racial segregation and discrimination in the U.S. and to help economically and socially disadvantaged groups to share equally in every aspect of American life. It works to eliminate institutional racism and to provide direct services to minorities in the areas of employment, housing, education, social welfare, health, family planning, mental retardation, law and consumer affairs, youth and student affairs, labor affairs, veterans affairs, and community and minority business development.

Aging and Health—NUL sponsors a Health Promotion Project and provides technical assistance to local groups for health promotion activities.

Periodicals

Title: *Health Promoter*
Frequency: Quarterly
Circulation: 500 copies to the 118 local affiliates and staff members

Older Women's League (OWL)

1325 G Street, N.W.
Lower Level B
Washington, D.C. 20005
(202) 783-6686

Membership

8,700 mid-life and older women, as well as men and women of all ages who support issues of concern to older women

Subgroups—80 local chapters

Description

General—OWL focuses on six issues of concern to older women: health care insurance, defense and reform of social security, equity in persons for women, discrimination in employment, care for caregivers (respite care), and effects of budget cuts on older women. The League offers mutual aid and support, especially to women who are alone. It also maintains the Older Women's League Educational Fund, operates a speakers bureau, prepares educational materials, and compiles statistics.

Aging and Health—OWL advocates for health insurance and adequate health care for older women.

Periodicals

Title: *OWL Observer*
Frequency: Monthly
Circulation: 9,000 copies to members

Title: *Gray Papers*
Frequency: Intermittent
Circulation: 9,000 copies to members and other interested individuals

Organization of Chinese Americans, Inc. (OCA)
2025 Eye Street, N.W.
Suite 926
Washington, D.C. 20006
(202) 223-5500

Membership
3,600 Chinese Americans

Description
General—OCA strives to promote active participation of Chinese Americans in civic affairs, secure equal opportunity and treatment, and foster positive images of Chinese and Asian Americans.

Health-Related—OCA sponsors health fairs and senior citizen housing.

Periodicals
Title: *OCA Image*
Frequency: Bimonthly
Circulation: 4,000 copies

Other Publications
A Place Called Chinese America is available from OCA.

Pacific/Asian American Mental Health Research Center (P/AAMHRC)

1001 West Van Buren Street
Chicago, Illinois 60607
(312) 226-0117

Membership

P/AAMHRC is a unit of the University of Illinois at Chicago's Graduate College.

Description

General—P/AAMHRC was founded to study and serve the mental health conditions and needs of the Pacific/Asian population in the U.S. It is one of six minority mental health institutes funded by the National Institute of Mental Health. Its main purpose is to acquire new information regarding the mental health conditions, status, and treatment of the target population. Its major activities focus on research, training, and information dissemination.

P/AAMHRC works with government agencies, mental health professionals, researchers, community action groups, and other persons and organizations that have an impact on the welfare of Pacific/Asian Americans.

Periodicals

Title: *P/AAMHRC Research Review*
Frequency: Quarterly
Circulation: 6,400 copies

Other Publications

P/AAMHRC publishes a wide variety of printed material including bibliographies, directories, and a special report on *The Elderly Chinese: A Forgotten Minority*. A catalog of publications is available upon request.

United Parkinson Foundation (UPF)

360 West Superior Street
Chicago, Illinois 60610
(312) 664-2344

Membership
35,000 patients with Parkinson's disease, their families, and health professionals

Description
General— UPF is an international nonprofit organization with major emphasis on patient and family education, patient services, exercise, and support of research in Parkinson's disease and related afflictions. Its Chicago office maintains an extensive referral service to guide patients and their families to proper clinical care.

Symposia are held in six different locations throughout the continent each year. Summaries of these symposia are printed in the UPF *Newsletter*.

Periodicals
Title: *Newsletter*
Frequency: Quarterly
Circulation: 35,000 copies

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United States Conference of Mayors (USCM)

1620 Eye Street, N.W.
4th Floor
Washington, D.C. 20002
(202) 293-7330

Membership
Mayors from 600 cities with populations of 30,000 or more (number of mayors varies)

Description
General— USCM promotes municipal government by strengthening relationships between cities and the Federal Government. It also provides technical and legislative services to cities.

Aging and Health—USCM is involved in two projects with the Administration on Aging: the improvement of services to the elderly by city governing powers and the development of a city aging profile system.

Periodicals
Title: *The Mayor*
Frequency: Bimonthly
Circulation: 5,000 copies to members, subscribers, Congress, the media, other agencies, and libraries

Title: *Urban Focus*
Frequency: Monthly
Circulation: 150 copies to city officials involved in human service activities

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Vision Foundation, Inc.

2 Mt. Auburn Street
Watertown, Massachusetts 02172
(617) 926-4232
1-800-852-3029 (MA only)

Membership

250 people with varying degrees of sight loss

Subgroups—14 self-help groups meeting across Massachusetts

Description

General—The Foundation is a consumer-based service provider specializing in self-help programs for the visually impaired, newly blind, and those suffering from progressive eye diseases. Programs are designed and run by visually impaired staff members.

Aging and Health—The Foundation runs several peer support groups exclusively for elders. Group coordinators, outreach workers, and other group members keep in contact with senior citizens via the telephone "buddy" network. Other elder programs include outreach at senior nutrition sites, drop-in centers, and nursing homes.

Periodicals

Title: *Vision Views*
Frequency: Quarterly
Circulation: 6,000 copies to members, their families, agencies, libraries, and professionals in the field

Other Publications

The Foundation publishes *Coping with Sight Loss: The Vision Resource Book* in large print or on cassette. A 1983 update is also available.

Vision Resource List is a catalog of brochures, reference circulars, and other catalogs that are available in regular print, large print, Braille, disc, and cassette. The list is available in print or cassette free of charge.

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Western Gerontological Society (WGS)

833 Market Street
Suite 516
San Francisco, California 94103
(415) 543-1617

Membership
3,500 professionals, practitioners, academicians, researchers, students, and older people nationwide

Description
General—WGS's objectives are to educate and inform members and older people of the issues and activities affecting the quality of life for older persons; disseminate and promote information on geriatrics and gerontology; improve the quality of care to older persons; promote innovative approaches to serving the elderly; encourage advocacy by and on behalf of the elderly; and provide a sense of community in the field of aging. The Society maintains WGS Answers, a clearinghouse that maintains information about resource people, films, and publications on age-related subjects. WGS also provides information on research and training opportunities, legislation and policies, and opportunities for professional contacts; provides technical assistance and sponsors special interest institutes and a Community Education in Aging Project.

Aging and Health—WGS focuses sharply on health and health promotion issues through conferences. They conduct an annual conference with sessions on all aspects of aging.

Periodicals
Title: *Generations*
Frequency: Quarterly
Circulation: 3,500 copies to members; 200 copies to subscribers

Title: *WGS Connection*
Frequency: Bimonthly
Circulation: 3,500 copies to members

Other Publications
WGS Job Alert, a monthly bulletin listing nationwide job opportunities in the field of aging

Young Men's Christian Association of the United States of America (YMCA)

101 North Wacker Drive
Chicago, Illinois 60606
(312) 977-0031

Membership

12 million men, women, and children of all ages

Subgroups—2,100 associations, branches, camps, and units

Description

General—The objective of the YMCA is to promote wholesome, Christian values for daily living and a sense of social purpose in the community. The YMCA is committed to developing leadership qualities in youth, promoting healthy lifestyles among adults, strengthening families and meeting their needs, and building international understanding.

Aging and Health—4.4 percent of the YMCA's membership is 65 years of age and older. A Seniors' Task Force comprised of local YMCA executives, national staff, and outside consultants has reviewed services provided to senior citizens and is currently working to develop training models for programs and a staff manual. YMCA's serve the elderly by including them in regular programs or providing senior citizen group activities. These include a variety of health and physical fitness programs, social programs, travel and tours, nutrition and meal services, employment services, and housing. The extent and nature of these services vary from facility to facility. YMCA leadership anticipates continued growth in senior programming—between 1978 and 1982, the number of seniors coming to YMCA's increased 100.6 percent—and the YMCA plans to collaborate with other agencies to expand efforts in this area.

The YMCA is committed to health enhancement and wellness and encourages members to accept responsibility for their own health and fitness and to make better choices about nutrition, exercise, and handling stress. Programs dealing with health enhancement include youth health education, adult fitness testing and counseling, exercise, aquatic fitness, and those related to drug and alcohol abuse.

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Periodicals
Title: *Discovery YMCA*
Frequency: Bimonthly
Circulation: 60,000 copies to YMCA staff, board, and members

Title: *Executive Notes*
Frequency: Bimonthly
Circulation: 5,000 copies to YMCA executive directors and chief volunteers

Other Publications
The YMCA publishes various bulletins, books, and pamphlets.

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Young Women's Christian Association of the United States of America

726 Broadway
New York, New York 10003
(212) 614-2700

Membership

2.5 million women and girls over the age of 12 (men and boys also participate in programs as associates or registrants)

Subgroups—450 community and student associations at 5,000 locations

Description

General—YWCA sponsors programs about self-improvement, growth, voluntarism, education, the individual's responsibility as a citizen within the community, emotional and physical health, and employment. It seeks to make a contribution to peace and justice, freedom, and dignity for all people. YWCA also advocates for issues of relevance to women, monitors legislation, and collaborates with other organizations. Its major focus is the enhancement of women, enabling them to work effectively for social justice.

Aging and Health—The elderly are included in ongoing programs, and some facilities provide services specifically for the elderly. Health concerns of women are a major emphasis of YWCA programming and include postmastectomy rehabilitation, alcohol abuse and prevention, and health and physical education, all of which address the special needs of the aged.

Periodicals

Title: *Interchange*
Frequency: Five times a year
Circulation: 24,000 copies to directors of local YWCA's libraries, and interested individuals

Other Publications

YWCA publishes a triennial directory, manuals, guides, pamphlets, and fliers.

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